



CHECKOUT TIME?
WITH THE DEVILS UP 3-1, FLYERS STAR
CLAUDE GIROUX IS SUSPENDED FOR
CRUCIAL GAME 5 IN NHL PLAYOFFS

PAGE 25

FRIDAY'S DRAW

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Tuesday, May 8, 2012



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Deborah Murphy, mother of Michael Rafferty, walks from court on Monday during a break in proceedings at Rafferty's murder trial. Murphy told reporters she believes her son is not guilty. DAVE CHIDLEY/THE CANADIAN PRESS

McClintic a 'liar' who can't be trusted: Defence

Tori Stafford slaying.

Defence rests in Michael Rafferty's murder trial

Warning: Story contains graphic details.

Terri-Lynne McClintic is like "Jekyll and Hyde," casting herself as an unwilling participant in her lover's scheme to abduct a child, when in fact the blood-thirsty young woman, teeming with rage, sought out Victoria Stafford and savagely murdered her, Michael Rafferty's lawyer suggested Monday.

For her to have told the jury otherwise is "absurd," defence lawyer Dirk Derstine said in his closing address.

Rafferty's murder trial is winding down with closing arguments from the defence and the Crown. He has pleaded not guilty to first-degree murder, sexual assault causing bodily harm and kidnapping.

Deborah Murphy, Rafferty's mother, has not attended throughout the trial, but on Monday she sat in court for the

defence's closing submissions and said outside court that Rafferty isn't guilty.

McClintic testified at his trial that she abducted Tori at Rafferty's urging. He then raped the child and McClintic killed her. That testimony marked a change from what she told police — that Rafferty was the one who killed Tori with a hammer — but Derstine suggested that is the one part of her story that should be believed.

The rest, he scoffed, is a fiction invented by a "prolific and accomplished liar." McClintic, who has a history of violence and torture fantasies, was the true engine behind Tori's death, he said.

McClintic and Rafferty weren't close, he said. Why would she go along with this plan for someone she didn't particularly care about, Derstine asked. Why, when in McClintic's version of events Rafferty stopped at Tim Hor-

tons on the way to the murder scene, did she not jump out of the car screaming for help, he said.

"So you're in front of this bustling hive of humanity, knowing that this little lark that you got yourself into — as if — you know, all of a sudden this turned into this incredible nightmare," Derstine said. "What, she just sits there and waits for her tea?"

Later, on the way to the place where Tori was killed, the pair stopped at a Home Depot where McClintic bought a hammer and garbage bags. This was another opportunity where she could have stopped an impending murder, Derstine said.

"What on God's green acre could she have been thinking to continue with this scheme if she was not the engine behind it?" he said to the jury.

Simply put, Derstine said, McClintic's evidence is not to be trusted. She lied to the police and she lied to the jury, he said, with one exception.

"I still urge you to find ... beyond a reasonable doubt that she was the one who bashed in poor Tori Stafford's head," Derstine said. THE CANADIAN PRESS

Dirk Derstine
THE CANADIAN PRESS

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1

NEWS

In brief

Argentine ad draws ire of Olympic committee

Argentine state-run television continues to broadcast an ad denounced by the International Olympic Committee, which says the spot links the London Games to a long-running dispute with Britain over the Falkland Islands. The IOC warned that the Olympics should not be used "to raise political issues." Watch at metronews.ca

More bite in the kitchen

Saucy sisters and authors of the Bite Me cookbook have taken their fun and easy cooking style to paperback once again. Julie Albert and Lisa Gnat have collaborated on Bite Me Too, a cookbook peppered with humour, trivia, pop-culture references and user-friendly recipes. Read more at metronews.ca

On the web



After the January crash of the Italian cruise ship Costa Concordia that killed 32 people, the company is putting in place new safety rules, including limiting captains' powers. Scan the code for the story.



Mayor Joe Fontana speaks at a Monday meeting of city council's finance and administration committee at city hall. ANGELA MULLINS/METRO

County wants more Forest City cash

Middlesex. County leaders threaten arbitration if city doesn't pony up millions



ANGELA MULLINS
angela.mullins@metronews.ca

London and Middlesex County administrators are in what could be a costly round of talks.

Middlesex County — citing the result of recent decisions elsewhere — wants London to pay about \$2.3 million more annually toward social housing. The county, which also wants an unspecified amount more for ambulance service, has threatened to bring in a third-party arbitrator if the city doesn't agree.

City council's finance and administration committee gave preliminary approval Monday to administrators responding with a pitch of two funding models for housing.

One option meets the county halfway and would see the city's tab for housing grow by about \$1 million annually. The other would save the city about \$140,000 compared to the way things are done now.

In the meantime, city leaders have proposed changing two other agreements involving the county.

The first would see the city administer welfare on its own. Under an existing agreement, London is losing \$500,000 a year in provincial revenue, city officials say.

Administrators also want permission from the provincial government to reduce the amount given to the county for

In other action

- Committee members accepted a Toronto company's bid to buy land in an industrial park near Highway 401 and Highbury Avenue, creating 25 full-time jobs.
- Coun. Joni Baechler asked that the cost of future state of the city addresses be kept in check. This year's event, put on by the Chamber of Commerce but featuring an address from the mayor, cost taxpayers nearly \$21,000, according to an expense report.

roads. Per an agreement stemming from a 1992 annexation, the city is paying a little more than \$1 million a year.

County leaders had requested that the city attend a May 22 meeting to formally hear their side of the story.

The committee's Monday decision instructed administrators not to attend, to continue talks and enter arbitration if necessary.

Nearly all discussion about the issue was behind closed doors with the city's solicitor.

Mayor Joe Fontana said he's not worried about a rift forming.

"From time to time in any relationship, there are certain questions and perhaps disagreements," he said, referencing county leaders. "We very much ... (want) to have discussions and speak about the options that are available."

Follow Angela Mullins on Twitter @MetroAngela



National nursing week

Nurses to be honoured at gala

St. Joseph's Health Care London gala features keynote speaker Jeremy Tracey, Thursday, from 5-10 p.m., at the Hellenic Community Centre. **METRO**

Toonie Tuesdays

Collecting money for needy students

The Thames Valley District School Board is kicking off its campaign to raise money for necessities such as school supplies, clothes and lunches. **METRO**

Downtown accident

Two charged after single-car crash

Two people are facing charges after a single-car crash on Adelaide Street between Oxford and Pall Mall Streets on Sunday afternoon.

London police say a 29-year-old woman is facing dangerous-driving charges after a GMC pickup truck crashed into a pole around 3 p.m.

Her passenger, a 27-year-old man, is also facing charges, but police did not elaborate.

One person was taken to hospital with minor injuries, but has since been released.

A section of Adelaide Street was closed for several hours Sunday night. **AM980/AM980.CA**

Top sales award

London travel agency honoured

London's Robert Q Travel will be recognized as one of Vacation.com's top travel agencies for the third straight year. Robert Q Travel will receive Vacation.com's Chairman's Award during a ceremony Friday on board Royal Caribbean International's Oasis of the Seas, where Vacation.com's international conference is taking place.

Robert Q Travel is one of only two agencies out of Vacation.com's network of more than 5,100 agencies throughout the United States and Canada to receive the prestigious Chairman's Award, which is based on total sales from the previous year. **METRO**

For more local news, visit metronews.ca/london



Grits. Pursuit of seat doesn't sit well with other parties

Premier Dalton McGuinty is trying to use plum government appointments to get the majority the Liberals were denied by voters in last fall's election, Ontario's opposition parties charged Monday.

McGuinty already created the need for one byelection by naming veteran Tory Elizabeth Witmer to the Workplace Safety and Insurance Board, and there are reports the Liberals are making similar job offers to other Tories.

NDP Leader Andrea Horwath said voters are turned off politics and get very cynical when they hear McGuinty is using plum public appointments to try to alter the

Quoted

"If there are any people on those (opposition) benches who want to come over and sit on this side of the floor, they will be welcomed with open arms." Premier Dalton McGuinty

makeup of the legislature.

The Progressive Conservatives expressed frustration that the Liberals seem focused on getting the one seat they need for a majority while virtually ignoring a recent credit downgrade by Moody's. **THE CANADIAN PRESS**

OHIP fees cut. Talks with doctors reach standstill

Several hundred fees paid to Ontario doctors are going under the knife as the province's minority Liberals forge ahead with a wage freeze for physicians after labour negotiations fell apart last week.

The regulatory changes affecting Ontario Health Insurance Plan fees and premiums will retroactively take effect April 1, Health Minister Deb Matthews said Monday.

The latest salvo came after the Ontario Medical Association rejected her demand to hammer out a new four-year agreement over the weekend with a conciliator after months of negotiations.

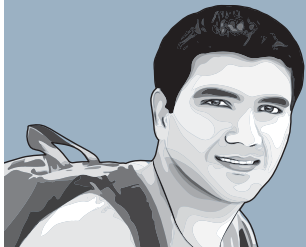
"I was left with no choice,"



Deb Matthews TORSTAR NEWS SERVICE FILE

Matthews said. "We were very clear with the OMA. We campaigned on a wage freeze, our budget was explicit that we were looking for a real wage freeze with doctors."

THE CANADIAN PRESS



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Sports Hall of Fame

City honours
top athletes

The late mixed martial arts coach Shawn Tompkins was one of 10 inductees into the London Sports Hall of Fame announced Monday at the John Labatt Centre. Tompkins died suddenly last August at age 37.

"The timing was right," said Mark Hominick, a longtime friend and protégé of Tompkins. "It's been our goal since he died to carry on his legacy."

Stock-car racer Earl Ross will also be inducted Nov. 8.

"Things are rushing back to me," said Ross, the 1974 NASCAR rookie of the year. "People come talk to you more often, talk about the memories."

The other inductees are: Ken Buchan, curling; Don Cline, basketball; Don Getty, football; Larry Haylor, football; the 1991 Western University men's basketball team; Jason Tunks, discus; Lady Lillian Ottaway Beck, equestrian; and Ian Sinclair, football.

They will join the 59 previously inducted members of the London Sports Hall of Fame.

JOHN MATISZ/METRO

Tierney tip puts Knights up

OHL final. Knights inch ahead of the IceDogs after 3-2 win in Game 3 of series



JOHN
MATISZ

john.matisz@metronews.ca

It was just a matter of time before Chris Tierney was thrust into the limelight.

The London Knights sophomore, who has been overshadowed all season long by the wealth of young talent surrounding him, finally had his superstar moment Monday night.

The 17-year-old tipped home an Olli Maatta point shot with 3:28 remaining in the third period, vaulting London to a 3-2 victory over the Niagara IceDogs in Game 3 of the Ontario Hockey League championship series.

"Me and Olli were working on it in practice," the Keswick native said, adding he was merely battling for position when the puck ricocheted off his stick and in.

Before a boisterous sold-out John Labatt Centre crowd of 9,046, the Knights

then fended off the IceDogs en route to a gutsy win.

"Not really," head coach Mark Hunter said in response to a question asking if he expected a young role player like Tierney to be the difference-maker. "You never know if (16- and 17-year-olds) will be able to handle the pressure of playoff hockey."

The league's most outstanding player in the regular season, Knights goaltender Michael Houser, turned away 25 of 27 shots fired his way. His counterpart, Mark Visentin, made 32 saves in the loss.

"It's huge to get home-ice advantage back," Tierney continued before noting the Knights "did all the little things right" in Game 3.

The IceDogs scored the first goal for the third time in as many opportunities in this series. However, like Saturday's Game 2 on their home ice, they failed to harness any sort of considerable momentum.

Only 18 seconds after the IceDogs opened the scoring about eight minutes into the middle frame, London's Max Domi put back his fourth of the post-season into a yawn-inducing cage.



London Knights forward Austin Watson gets the puck past by Niagara IceDogs goalie Mark Visentin during the second period of Game 3 of the OHL finals Monday at the John Labatt Centre. The Knights defeated the IceDogs 3-2 to take the lead in the championship series. MARK SPOWART/FOR METRO

The teams traded markers to close the middle frame, leaving the door wide open for late-game heroics.

One phrase — "tough loss" — was all Niagara head coach Marty Williamson

could muster when given the floor to speak his mind about the heartbreaking defeat.

"We've faced adversity before," said Brett Richie, one of 16 IceDogs dressed

Monday who were born in 1993 or earlier. "You've got to bottle (the willingness to get back out there right away) and be ready to go."

Game 4 goes Wednesday in St. Catharines.



MAY 15, 2012

BRING YOUR CAMERA

We're inviting people all over the world to help create something historic. Send a message to the future from your life on May 15. Your pictures will be preserved for future generations and shown in a stunning website. A thousand images will be selected for a book and exhibitions touring the world. Everybody is welcome. Read more at aday.org. Let's picture the world. Together.

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Peres. Israeli president lauds 'never indifferent, never neutral' Canada

Shimon Peres thanked Prime Minister Stephen Harper for his staunch support of Israel, and Canada for its 60 years of friendship Monday as the Israeli president began a full state visit.

"I sense that Canada is always positive, never indifferent, never neutral," Peres said during his official welcome by the Governor General at Rideau Hall.

The Nobel laureate has been a fixture in Israeli politics since 1959, serving in 12 cabinets and twice as prime minister. He is currently the country's head of state — a largely ceremonial role — but remains an influential figure and a perceived leavening voice to hawkish Prime Minister Benjamin Netanyahu.

The president's five-day trip to Canada began as Netanyahu called an early national election amid talk of an "existential threat" to Israel from Iran's nuclear program.

Peres has expressed reservations about a pre-emptive strike against Iran, and his language upon arriving in Canada was that of the diplo-

Quotes

Shimon Peres opened his Canadian visit by showing his gratitude and respect for Canada.

- "Your remarks about Israel are outstanding. It really moved the hearts of our people," he said, speaking about Stephen Harper.
- "Israel has no greater friend in the world today than Canada."
- "I carry in my heart the feeling that Canada is a continent of friendliness, displaying support and care."

mat who won the Peace Prize in 1995 for his work with Yasser Arafat and Yitzhak Rabin on the Oslo Accords.

"Canada offers a new beginning, building bridges and closing gaps," Peres, who turns 89 in August, said at Rideau Hall.

THE CANADIAN PRESS



Anti-Putin protests continue

Police detain a protestor during a rally against Vladimir Putin's inauguration Monday in St. Petersburg, Russia. The Russian leader's inauguration comes a day after an opposition party protest drew more than 20,000 people. DMITRY LOVETSKY/THE ASSOCIATED PRESS

Al-Qaida

2nd underwear bomb thwarted

The CIA thwarted an ambitious plot by al-Qaida's affiliate in Yemen to destroy a U.S.-bound airliner using a bomb with a sophisticated new design around the one-

year anniversary of the killing of Osama bin Laden, The Associated Press has learned.

The plot involved an upgrade of the underwear bomb that failed to detonate aboard a jetliner over Detroit on Dec. 25, 2009. This new bomb design was also to be used in a passenger's underwear, but it had a different detonation system, U.S. officials said.

THE ASSOCIATED PRESS

Disturbing find

Baby-flesh capsules seized

South Korea has seized thousands of smuggled drug capsules filled with powdered flesh from dead babies, which some people believe can cure disease,

officials said Monday.

The capsules were made in northeastern China from babies whose bodies were chopped into small pieces and dried on stoves before being turned into powder, the Korea Customs Service said. Customs officials refused to say where the dead babies came from or who made the capsules.

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Air Canada execs earn more, CEO earns less

Earnings. Despite airline's plummeting share price, top brass received first-class treatment in 2011

The compensation package for Air Canada's CEO fell 12 per cent last year, while the payouts of the airline's four other top executives soared even though continued losses drove its share price down more than 70 per cent.

Calin Rovinescu earned \$4 million in 2011, down from \$4.55 million a year earlier, but higher than the \$2.6 million during his first nine months on the job in 2009, according to a proxy circular.

Chief financial officer Michael Rousseau, chief operating officer Duncan Dee, chief commercial officer Benjamin Smith and senior vice-president of operations David Legge each saw their compensation increase by between 18 per cent to nearly 47 per cent.

Base salaries remained

mostly steady but each executive saw large gains in share and options-based awards while non-equity incentives fell.

Rousseau's compensation grew to \$1.68 million, Dee's was \$1.62 million, Smith made \$1.37 million and Legge's was up to \$1.15 million.

Rovinescu's compensation doesn't include the \$5-million retention bonus awarded in March, which will show up on next year's compensation.

However, 280,000 options granted to him over the past

two years were cancelled at his request. The Montreal-based airline lost \$249 million or 92 cents per share last year despite a 7.7 per cent increase in revenues to \$11.6 billion.

Still, the executives were rewarded for having increased revenues, mitigating fuel-expense increases, preserving liquidity, surpassing cost-cutting targets, achieving high load factors and achieving 90 per cent of the pre-tax operating earnings targets despite fuel and labour challenges.

THE CANADIAN PRESS



Buffett backs pipeline

Billionaire Warren Buffett, pictured above during an interview with the Fox Business Network in Omaha, Neb., on Monday, says he supports the Keystone XL pipeline that TransCanada wants to build to carry Canadian oil south across the Great Plains to connect to Gulf Coast refineries. The chairman and CEO of Berkshire Hathaway, meanwhile, is keeping secret the identity of the person likely to succeed him as CEO but he is narrowing the field — he says the top choice and two backups are men. NATI HARNIK/THE ASSOCIATED PRESS

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United Arab Emirates

Bank of Montreal opening office in Abu Dhabi

Bank of Montreal said Monday it is setting up a representative office in the United Arab Emirates as part of an expansion plan.

The bank has been operating in the region for nearly half a century, it said, and the move will expand its asset-management and investment-banking services to clients in the Middle East and North Africa.

THE CANADIAN PRESS

Market Minute

DOLLAR
100.7¢ US (+0.25¢)

TSX
11,860.66 (-10.58)

OIL
\$97.94 US (-55¢)

GOLD
\$1,639.10 US (-\$6.10)

Natural gas: \$2.336 (+5.7¢)
Dow Jones: 13,008.53 (-29.74)

Pepsi. Heirs of developer sue company

The heirs of the man who helped develop the formula for Pepsi are suing the soda company over their right to share with the public documents detailing their father's invention.

The daughter and son of Richard Ritchie say PepsiCo Inc. is interfering with their ability to market or sell the rights of their father's life story and documents detailing his 1931 soda formula.

The suit seeks a declaration that their disclosure of the documents would be protected by First Amendment rights and wouldn't be considered a trade-secret violation.

"The original formulas of iconic beverages and the lore that surrounds their genesis and provenance are of great interest to the public," the suit states.

In a lawsuit filed in Manhattan federal court, Joan Ritchie Silleck and Robert Ritchie also seek unspecified damages for "unjustified and improper acts that have interfered" with their rights regarding their father's documents.

A representative for PepsiCo said the Purchase, N.Y., company does not comment on pending litigation.

THE ASSOCIATED PRESS

UNEXPECTED LIFE LESSONS FROM MOM



SHE SAYS...
Jessica Napier
metronews.ca/shesays

With another Hallmark holiday coming up this weekend, I wanted to mark the occasion without boring you with yet another Mother's Day gift guide. And since mom really does know best

most of the time (except when it comes to using Facebook), I thought I'd share some of the intangible pieces of wisdom my mother has given me over the years.

Don't be so concerned with what "everyone else" is doing: There is no "right way" to live — there is only your way. Being normal is extremely overrated, so don't allow other people's expectations and timelines dictate how you live your life.

Proper nutrition is important: In the summer months, drink plenty of sangria in order to increase your daily fruit intake.

Mom's the word

Over the course of her 50-something years, my mother has always practised regular relocation: Jobs, houses, countries, etc. She constantly encourages me to visit new places, see new things and get a new perspective.

Location, location, location: This old real-estate adage can be applied to both house-hunting and life-living. Over the course of her 50-something years, my mother has always practised regular relocation: Jobs, houses, countries, etc. She constantly encourages me to visit new places, see new things and get a new perspective.

Put your best foot forward: The bad footwear choices of your 20s will come back to haunt you later on in life. Sadly, the threat of flat feet and an orthotics dependency hasn't actually stopped me from investing in a closet full of unsupportive shoes. Sorry, mom.

Keep your home in bloom: Never depend on someone else to buy you flowers. You'll never regret treating yourself to a beautiful bouquet every once in a while.

One man's trash is a college student's entire living-room set: Before moving into my first student house, my mom insisted on trolling our neighbourhood to look for curbside couches and side tables. I was mortified as I watched her load up our minivan with hand-me-down furniture scavenged from other people's driveways, but you know what? It was an extremely cheap way to furnish a home for a bunch of jobless 20-year-olds. Who needs dignity when you have a free desk chair?

Players only love you when they're playing: Fleetwood Mac's entire discography is an appropriate soundtrack for almost any occasion, especially breakups.

You can't take it with you: My parents informed me long ago that any sort of inheritance is out of the question. Since you can't enjoy your money when you're in the ground, you might as well spend all of it before you go. Is this sound financial advice? Absolutely not. But nobody is going to remember you by the final balance in your bank account.



Moms (usually) know best. TARA WALTON/TORSTAR NEWS SERVICE

Hats off to a clean sweep



Chim Chim Cher-ee

Revellers take to the streets

A man dressed as a chimney sweep takes part in the annual Sweeps Festival on Monday in Rochester, England. The three-day annual Sweeps Festival dates back 400 years and was originally the one day in the year when chimney sweeps could afford time off to celebrate the coming of spring. This marks the festival's 32nd year since its reintroduction in 1981, with traditional activities including Morris dancers, who parade to Rochester Castle. **GETTY**



Traditional chimney sweeper Bryan Pearce, whose family has been sweeping chimneys for more than 300 years, poses for a photograph at the annual Sweeps Festival.

PHOTOS BY DAN KITWOOD/GETTY IMAGES

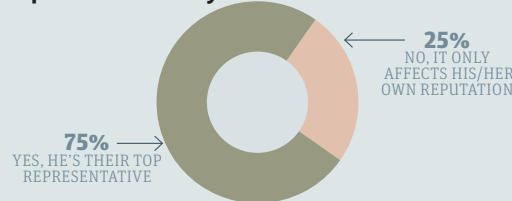
Dust off the soot

- The traditional festival began to fade when the Climbing Boys' Act in 1868 made it illegal to hire young boys to sweep.
- A businessman and historian, Gordon Newton, revived the festival in 1981.
- Today, the festival is the largest May Day celebration of its kind in England, with dancing and performances by some of the biggest names in folk music.



Register at metropolitanpanel.ca and take the quick poll

Does a mayor's behaviour affect the reputation of a city?



Twitter

@LondonFringe:

And another Monday is flying by!

@MarkHominick:

Heading to JLC for big announcement regarding London Hall of Fame inductees. Proud day for Team Tompkins.

@gomez_ak:

Okay, it's been 18 days since my exam, and still no mark. How is this even a little bit fair?! #UWO

@db_toddy:

barely even spent a weekend in chatham and I already wanna leave. someone take me back to #ldnont

@davidfig99:

dear ignorant #ldnont drivers, if you're making a right turn at a stop or red look to your right as well as your left. #angrypedestrian

@DavidWinterPW:

Its great to live in a city that you can bike everywhere with Bike Paths #LDNONT

2

SCENE

Scene in brief

News network aimed at Latinos in the works

ABC News and Univision are teaming up to start an English-language news network aimed at Latinos. The networks said Monday that a website and mobile content will be available this year. A television network is expected next year. Univision President Isaac Lee says the network, as yet unnamed, will not only inform Latino Americans but let viewers of all nationalities know what issues are important to people within that growing demographic. Disney and ABC Television Group chairwoman Anne Sweeney say the venture is an important step in broadening ABC's reach.

THE ASSOCIATED PRESS

On the web



Oops! Stradivarius cello worth \$20M broken in accident in Spain



A new documentary about the great reggae legend, Jamaican musician Bob Marley. THE CANADIAN PRESS

Separating the man from the myth

Marley. New documentary about iconic singer aims to show what Bob Marley was like as a friend, father and lover

PAT HEALY
Metro World News in Boston

When award-winning director Kevin MacDonald (Last King of Scotland) turns his attention to a Bob Marley documentary, it's obviously going to go far beyond the "every little thing's gonna be all right" aspect of the

late reggae legend.

"When I saw other things done on him in the past and read other books, I never felt like I knew him as a person," says the director. "The aim is to see him as a man — what he was like as a lover, as a friend."

While he was alive, Bob Marley did very few on-camera interviews, so MacDonald had to unearth other sources, which included Marley's teacher, his half-sister and a childhood friend.

"The main challenge of the film was getting the people to talk," says MacDonald. "About a third of them have never spoken (about Marley) before."

In the film, simply titled

Marley, MacDonald also provides an honest look at Marley's family life — he had at least 13 children from eight different women — and daughter Cedella speaks frankly about how the communal living situation at the singer's house deprived her of important time with her father.

"She felt that sense that he was always surrounded by the brethren," says MacDonald.

"It was a religious order, almost a military setup. He was called 'Skipper,' and he ran a very tight ship. He was strict with [his musicians] — he made them rehearse a lot. [Many people have an] image of Rastas that they lazed around smok-

ing ganja all day, but in fact he was this driven guy."

MacDonald says his own international experience helped reinforce his notion that it was time somebody re-examined the life of Bob Marley on film.

"When I was making The Last King of Scotland, I made that in Uganda and I was amazed by how in the slums of Uganda, you'd come across huge lots of Rastas singing Bob's music, playing Bob's music, doing murals of his face, graffiti of his lyrics. I was just realizing how Bob still speaks to people. ... In Tibet, Indonesia — not just an audience of college stoners."

DVD reviews



Underworld: Awakening

Directors. Mans Marling, Bjorn Stein

Stars. Kate Beckinsale, Michael Ealy

● ● ● ● ●

As Underworld: Awakening opens, vampire avenger Selene (Kate Beckinsale, still wearing that glorious skin-tight catsuit) has been in cryogenic deep freeze for 12 years, while knuckle-headed humans slowly figured out that there's been an undead riot goin' on below the greasy mean streets of Underworld land. In this, the fourth chapter of an increasingly dull horror fantasy franchise that pits vampires against werewolves against humans, Selene is awakened from her chilly slumber. She learns humans have not only discerned the presence of vampires and Lycans (werewolves) in their midst, they've come close to eradicating them. The major task in this episode (directed by Sweden's Mans Marling and Bjorn Stein) seems to have been to get out of the way of flying body parts as Selene sprays jumbo-sized Lycans with silver bullets, all the better to make their heads explode. It's time to hang up Kate's catsuit and drive a wooden stake into Underworld.

PETER HOWELL

Congratulations
Aaron McGheel
Winner of Logo Redesign
Contest.

Pride

LONDON FESTIVAL

Watch for the 2012 Pride Guide or visit www.pridelondon.ca for more information on this year's festival!

Messing with marriage: Debra on divorce

Debra Messing is opening up for the first time about her divorce from husband of 20 years Daniel Zelman, admitting that "til death do us part" might be asking a bit much these days.

"I think the institution of marriage is a noble thing. I think the idea of a partner for life is incredibly romantic," Messing tells Ladies Home Journal.

"But now we're living to 100. A hundred years ago people were dying at age 37. 'Til death do us part' was a much different deal."

Messing is reportedly dating her Smash co-star Will Chase, with rumours circulating that their relationship had something to do with the divorce.



Debra Messing ALL PHOTOS GETTY IMAGES

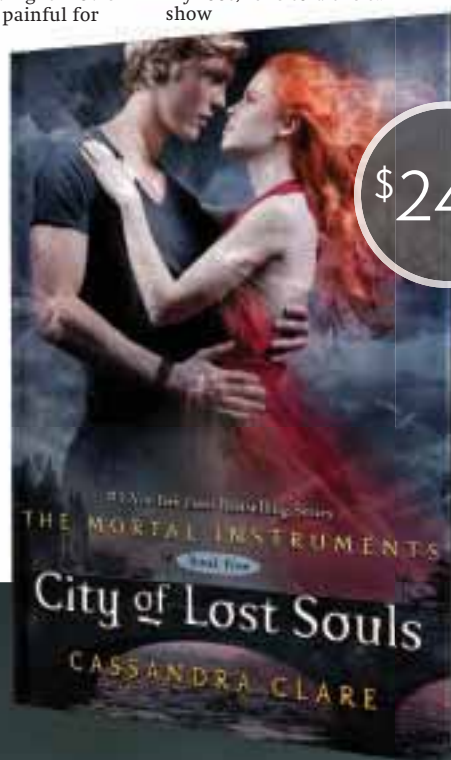
Twilight star goes limp on Leno

A round of reshoots on the final Twilight movie has proved painful for lead actress Kristen Stewart, who admits she suffered a "puncture wound" to her foot while re-filming a vampire hunting scene in Vancouver last week, she admitted to Jay Leno.

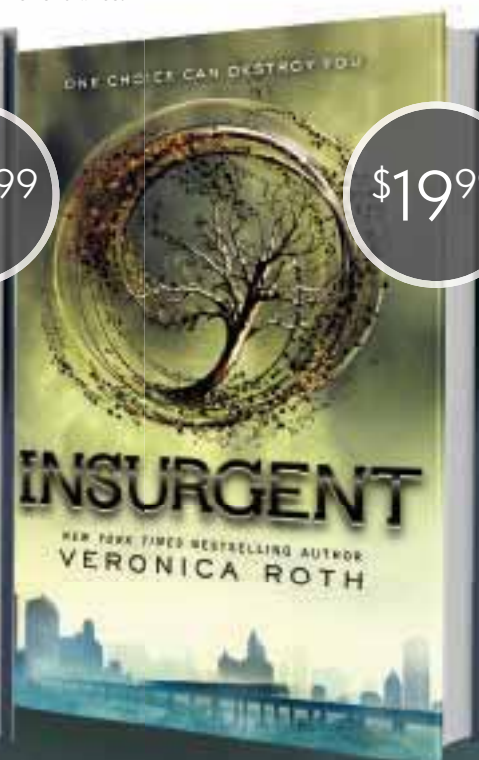
"I wasn't trying to have ultimate swag

when I walked out. I hurt my foot," she told the talk show

host after limping as she made her entrance.



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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Heckle Russell Brand at your own risk

MONICA
WEYMOUTH
scene@metronews.ca

Russell Brand was likely expecting some heckling at his stand-up show Saturday night. It was, after all, Cinco de Mayo in Atlantic City, where tequila is always the breakfast beverage of choice.

But when one audience member wouldn't stop shouting "Katy Perry," the comedian left the stage to defend his ex-wife's honour — or, more accurately, summon the powers of his British accent to methodically, expertly shame a drunk Jersey guy.

"Let's see how your



mental illness looks in the daylight," Brand said, requesting that the house lights be turned on. After asking the audience to out the heckler, Brand wasn't pleased with what he discovered:

"You look like something that's fallen off the side of a church. And what is it that

you have rattling around in your mind? Some bizarre combination of alcohol and idiocy. Some cocktail of nothing."

Excuse us — "cocktail of nothing"? That, Russell, would be a Red Bull and Vodka, the patron drink of obnoxious Americans everywhere. Show a little respect.

Bynes isn't off the hook quite yet

While no further trouble seems to be coming Amanda Bynes' way from her recent hit-and-run incident, the same can't be said of her arrest for drinking under the influence last month.

In fact, formal charges are reportedly pending for the former Nickelodeon star, according to Radar Online.

"Amanda Bynes refused to take a breathalyzer test or blood test which is required under California law when someone is arrested for a DUI," a source says.



Amanda Bynes

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3

LIFE

Your health

Zinc may help zap a pesky cold

Researchers have determined that using zinc lozenges may shorten the duration of common colds in adults — but only by about two days. An analysis of patient trials comparing oral zinc preparations to placebo found that adults appeared to benefit from sucking on zinc lozenges.

But lead author Dr. Michelle Science of Toronto's Hospital for Sick Children says the researchers did not find that children were helped by taking zinc.

Science says that may be because most children in the studies were getting the zinc in a syrup and at a lower dose.

She says the modest benefit for adults taking zinc may not outweigh its adverse effects — a bad taste in the mouth and the likelihood of nausea.

Researchers say zinc did not improve severity of symptoms and more study is needed to determine what dose and type of zinc are best for shortening colds.

THE CANADIAN PRESS

On the Web



Americans are still getting fatter: forecast predicts jump in severe obesity over next 20 years



Medical clowns Nimrod Eisenberg, right, and Jerome Arous at Royal Victoria Hospital in Montreal. STEFANI FORSTER/THE CANADIAN PRESS

Sending in the clowns

Clowning therapy. Professional medical clown brings cheer to couples with fertility problems, and says it can improve their success rate

Nimrod Eisenberg never wanted to enter the family business — medicine.

He went to theatre school against his parents' wishes, eventually working as an actor, an acrobat and a circus clown — fields far removed from the careers of his parents — his father was a doctor and his mother a midwife.

But the fates had other

Clowning around

"The art of clowning, of improvisation and acting on the spot ... I believe it can make a huge difference in therapy and treatment, both of children and of adults."

Nimrod Eisenberg, medical clown

plans for him. That pull of destiny, or perhaps of heredity, brought Eisenberg closer to his parents, albeit in his own unique way.

Eisenberg is now a professional "medical clown" — a red-nosed bringer of cheer to couples with fertility problems.

"I was the one who ran away from the family destiny, who did not want to go work in a hospital," he said. "Eventually, in a twist of

fate, I'm immersed in hospitals, doctors and nurses."

Medical clowning is part of a broader Israeli project Eisenberg joined 10 years ago called Dream Doctors, which brings "clowning therapy" to hospitals.

It's based on the idea that the presence of clowns during medical treatment can help improve patients' success rate.

He and his partner-in-clown, Jerome Arous, ar-

rived in big floppy shoes and bright red noses at the Royal Victoria Hospital's fertility wing in Montreal on Thursday, hoping to bring some levity to patients undergoing in-vitro fertilization treatments.

The head of the fertility centre is thus far withholding judgment. There has been an Israeli study showing some benefit to the practice, but Dr. Hanael Holzer says he has yet to see a large enough study that confirms any medical impact from clowns.

"Is it really true? I am not convinced. Not yet," Holzer said. "Of course we are all skeptical when we hear this."

"But the main objective is to make patients feel bet-

ter, to see a smile on their face."

The mood in the waiting room did become noticeably lighter Thursday as Eisenberg cradled and rocked a teapot under his arm — which he called his "clown baby" — and joked with patients and nurses.

He even dropped to one knee to dramatically serenade one woman, who laughed in delight.

Later, with reporters, Eisenberg peeled off the rubber clown nose to speak earnestly about his passion for the unconventional profession. He swears it's no joke, and can actually make a real difference in people's lives — just like his own mom and dad have.

THE CANADIAN PRESS

Healthy hearts. Guidelines for children

The American Academy of Pediatrics recently created new guidelines to reduce the risk of cardiovascular disease starting from childhood, including the following recommendations:

Ages 2 and up:

Your doctor should measure your child's height, weight and body mass index at every checkup.

Ages 3 and up:

Your child's blood pressure should be measured yearly. As with BMI, ask your doctor to discuss the results with you.

Ages 9 to 11:

A first cholesterol screening is recommended. Your child may need his or her cholesterol checked sooner if he or she has a parent whose total cholesterol is 240 or over or a close relative who has had a heart attack or stroke before the age of 55 (in males) or 65 (in females).

METRO NEW YORK



New guidelines aim to reduce the risk of cardiovascular disease starting right from childhood. ISTOCK

Venture into Thai House for a taste of authenticity



Items from the Daily Buffet (\$10.95). PAUL MITCHELL



LUNCH RUSH
Paul Mitchell
life@metronews.ca

Tucked into a small plaza, Thai House might be overlooked if it were not for its

charming atmosphere and flavourful cuisine.

My courteous hostess is even wearing a traditional dress that matches the minimalist but well-accented decor.

The Thai menu offers a broad range of dishes perfect

for sharing, but I decide to go with the Daily Buffet (\$10.95).

The impressive display starts with Fresh Spring Rolls that are especially enjoyable when dipped in luscious peanut sauce. Next are tasty Crispy Wontons and crunchy Vegetable Spring Rolls with a

tart fish sauce.

For my main, I top steamed rice with a mildly spicy Green Chicken Curry and add nutty Pad Thai and Tamarind Pork. It is a nice blend of flavours, with rich and creamy noodles contrasted by chewy sweet pork. I go back for seconds.

Thai House stands out with an authentic Thai experience that should not be passed by.

Visiting the restaurant

Thai House Restaurant

Address. 715 Wellington Rd. (between Wilkins & Southdale)

Phone. 519-690-0758

Rating. 3.5/5

Price range. \$4.95 - \$15.95

Co-worker lunch. Yes

Social lunch. Yes

Firecracker almonds. Hot-and-spicy snack is full of flavour & nutrition



1. In a skillet combine oil, chili powder, curry powder and garlic powder over medium heat. Cook, stirring until hot and bubbly.

2. Stir in almonds, tossing for about 3 minutes or until almonds are evenly coated and heated through. Remove from heat and cool slightly. Stir in pepper sauce and cayenne.

3. Let cool completely before serving.

NEWS CANADA/ ALMOND BOARD OF CALIFORNIA/ ADAPTED BY EMILY RICHARDS

(PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA)

Ingredients

- 1 tbsp (15 mL) olive or almond oil
- 2 tsp (10 mL) chili powder
- 1 tsp (5 mL) curry powder
- 1 tsp (5 mL) garlic powder
- 2 cups (500 mL) toasted whole natural almonds
- 1/2 tsp (2 mL) hot pepper sauce
- 1 tsp (5 mL) cayenne pepper

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All's unfair in love and war



TWO SISTERS
Andrea and Claire
Life@metronews.ca

Dear sisters, I have fallen for a great girl — the problem is she used to date my best friend, and although it's been years, I know she meant a lot to him. And it doesn't help that I was the guy he confided in while they were breaking up. She asked me out many times, and I avoided her out of respect for him, but I finally gave in and we really like each other. I asked him if he would mind if we went for drinks and he told me that if I did, it would be impossible for us to remain friends. Seriously? BFF.

Claire: Dear BFF,

The saying 'All's fair in love and war' is ... total BS. It's all unfair — on both sides. He has good reason to be upset, and you have good



Jersey Shore BFFs Vinny, left, and Pauly D, definitely respect the 'guy code.' GETTY IMAGES

reason to expect him to be less uptight after so many years.

I won't tell you it's a choice between your friend and the girl, because I think

you might be able to have both ... eventually. But give your friend time, reach out

to him regularly, and don't be shocked if you hear he made a voodoo doll in your

image.

Strangely enough, your friendship has a better chance of surviving this if you and this girl become a long-term couple — that would show that you didn't take this risk for some fling. So good luck, on both fronts. Andrea: Dear BFF,

You've probably heard of the "guy code" and thought that in this case, it no longer applied. But if this is your friend's reaction, it still does.

The choice you have to make is whether this girl is worth losing your friendship over or not. In my humble (and correct) opinion, it usually isn't. It doesn't mean you can never date her, but putting your relationship with your buddy first will allow him to see that your intentions are genuine, and that family ('brother from another mother' included) comes first.

He'll be more open to starting a conversation about boundaries versus jumping immediately to the defensive. Jumping into bed with her despite his wishes will only result in seriously complicated BBQs.

To gift or not to gift, that is the big question



When in doubt, just buy a gift. ISTOCK



CHARLES THE BUTLER
askcharlethebutler@metronews.ca
For more, visit charlesmacpherson.com

Hi Charles, I volunteered to help organize my friend's wedding. I'm pretty close with the bride and she expects me not to get them a gift. She is expecting to pay for my banquet meal and unexpected meals (i.e. paid meals for meetings). What should I do when they don't expect a gift from me? It seems a bit rude to not get

them a gift. Signed,
To Gift or Not?

Dear To Gift or Not,

Your friend seems very lucky to have you! It sounds like the bride is trying to make sure you don't feel taken advantage of, based on all of the hard work you are doing to help her have the wedding of her dreams (more brides need to pay attention to this fact!).

So firstly, since you are both her friend and attending the wedding, I think it is very appropriate for you to purchase

something small for her to mark this important occasion.

Now the question is what to get, and how much to spend? If you were only attending the wedding as a guest, how much would you have spent? This could be a good starting point for you.

Have you thought of perhaps just an amazing picture of the two of you planning the wedding in a beautiful frame, a card with a prepaid dinner coupon for the bride and her new husband to enjoy or being part of a group present rather than getting something all by

yourself? But also doing something that is meaningful and personal such as acting as the wedding planner can be just as important as a gift, so don't feel obligated.

Remember some golden rules:

- 1) Don't ever spend more than you can afford.
- 2) Don't be extravagant — it may only make the recipient uncomfortable.
- 3) Doing all of the planning and organizing is a big job and can be a gift in itself.

I hope this helps, and have fun planning!

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The parent trap

Co-signing for your kids. Know the consequences before you become responsible for your children's debts



YOUR MONEY
Alison Griffiths
money@metronews.ca

Spring is a time of optimism as students graduate and venture out into the world of work.

It's also the season when young'uns may need cars, clothes, travel funds and furniture as they spread their adult wings. And to acquire all that stuff, they often need a co-signer because they can't yet qualify for loans on their own.

Here are seven things to keep in mind if you are asked to guarantee a loan.

1. Lenders consider co-signers joint borrowers who are equally responsible for the amount owing.
2. The loan will likely will appear on your credit report and may adversely affect your credit score, especially if payments

aren't made on time. Debt collectors could pursue you if the loan is in arrears.

3. Since co-signers are legally responsible for the loan, monitor it closely. Happily, if you co-sign with a federally regulated financial institution, you are entitled to receive the same information as the person who takes out the loan.

4. Before you become a co-signer consider the worst-case scenario. Can you afford the loss? Even if there is an asset involved, like a car, it may be worth less than the amount owing.

5. Aside from the money what would it do to your relationship with the primary borrower if there were problems with the loan? Co-signing is the same as lending money and should be treated as such.

6. If you are co-signing for a family member other than your child or for a child who has been away from home for some time, ask for a credit report. This can create tension, but if they have trouble paying off debts, how is that going to be different with you as a co-signer?

7. When the loan has been repaid, get a statement from the lender that the debt has been discharged and check your credit report to ensure it

Joint borrowing

- **Do your homework.** Visit the Financial Consumer Agency of Canada at fcac-acfc.gc.ca. Click on 'Resources' and go to publications. There you'll find a useful tip sheet called "Know your responsibilities as a joint borrower."



Most experts advise against co-signing for loans, but parents often want to help their kids. ISTOCK IMAGES

is noted.

Most experts will advise against co-signing, but we as parents always want to help our kids.

Still, make sure you are aware of the consequences when you are responsible for someone else's debt.

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR AT GRIFFITHS.ALISON@GMAIL.COM

Your mortgage

Try to avoid hefty break fees



FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca
@Lesliescorgie on Twitter

Since selling my house and discovering my mortgage prepayment penalty would be a whopping \$5,000, I've been hunting for ways to reduce the break fee.

The best idea is to avoid the fees in the first place by knowing the ins-and-outs of the mortgage before you sign the papers.

When you sign a mortgage, you are committing to a multi-year legal contract to re-pay money (with interest) in exchange for receiving an immediate benefit — the money with which to buy a house.

From a legal standpoint, the person who is wanting out of a mortgage is breaking a contract and has to pay up. Know your pre-payment penalty and ensure you have the flexibility to make lump sum or double up payments on the mortgage.

If you're like me and have



Are you financially ready to be a home owner? ISTOCK IMAGES

already sold your property, prepay the mortgage up to the allowable limit. Typically a borrower can pay a lump sum on the mortgage each year between 10 and 20 per cent of the original value of the mortgage.

You can do this through online banking or ask your lawyer to have the bank apply the allowable lump sum to the principle balance when the old mortgage is being paid out. The penalty is then applied only to the remaining balance of the mortgage, which could reduce the fee by thousands of dollars.

Using RBC's mortgage prepayment calculator, I know that by paying an extra 10 per cent in principle on my mort-

gage balance, I can save \$600 in break fees.

Coming up with the funds to pre-pay a mortgage can be a challenge. Some turn to their home-equity line of credit, which doesn't have a prepayment fee. Others take out a traditional loan or borrow from a friend. If you're going to pre-pay, ensure the benefits of the pre-payment (i.e. the savings on the penalty) are greater than the costs of borrowing funds.

Alternatively, negotiate with your existing lender to reduce or eliminate the fee in exchange for keeping your mortgage business with them.

Overall, if the fee is too great, don't break your mortgage!

Advertising Feature

BREAKING DOWN THE BARRIERS OF MENTAL HEALTH

The Ontario Mental Health Helpline creates a whole new level of accessibility and support!

"I'm not sure if this is the right phone number but I really don't know where to start" is a common refrain heard by the Information and Referral Specialists who answer the Mental Health Helpline.

Finding answers when feeling overwhelmed and struggling with a mental illness or trying to find help for family and friends can be difficult when you don't know how or where to begin. The Mental Health Helpline provides information about mental health services in Ontario. The helpline is funded by the Government of Ontario and the service provides live answer, email or web chat 24/7, confidential, free and anonymous.

"Our interaction goes beyond providing correct information; it's about taking time to truly hear what a caller needs", says Tricia Korbut, Supervisor of the Mental Health Helpline, a service of ConnexOntario. ConnexOntario also runs the



1 in 5 Canadians will experience a mental health issue in their lifetime!

Almost 50% of calls come from family members or concerned friends!

Ontario Problem Gambling and Drug and Alcohol Helplines. "If you've never had to reach out for help before or were afraid to seek help because of the perceived stigma of mental illness, then making that first phone call can be a leap of faith."

"No two calls are the same. We've heard some traumatic stories and heartache but we've also heard stories of resiliency and success", says Tricia. "Often the simple act of listening is cathartic. Being heard, respected and understood builds the foundation for a successful call and increases the likelihood that the caller will continue to reach out to services in their own community."

Not everyone has access to a phone or feels comfortable communicating by phone, so being able to provide alternatives is valuable. The medium may be different but the goal is the same—accurate information, delivered in a timely manner by professionals who care.

Mental Health Helpline

1-866-531-2600

www.MentalHealthHelpline.ca

Search for @ConnexOntario on Twitter or ConnexOntario Health Services Information on Facebook



metro

HOME RENOS

Tuesday, May 8, 2012



Projects like painting, remodelling your kitchen, adding a second bathroom or finishing the basement and attic are renovations you can do yourself. RON CHAPPEL STUDIOS/THINKSTOCK

Your renovation financing options

Planning. You should have a good idea of budget, labour and material costs

YLVA
VAN BUUREN
For Metro

Have you bought an old property and need to fix it up? Had kids ... and need another room? Or just want to add a second bathroom?

Geoff Dillon, senior director of retail and business

banking for CIBC, says in planning a home renovation, you should have a good idea of budget, labour and material costs, and if you need to finance the renovations, the specific time period to repay it.

Here are financing options.

- Cash on hand. If you are looking at a renovation that will cost \$10,000 or less, you may have cash put away for that. But don't deplete all of the money you have saved — just in case, says Dillon.
- Credit card. You could put materials, etc., for smaller

Marketable home renos

These projects may add value to your home:

- Remodel the kitchen
- Add a second bathroom

- Finish the basement or the attic
- Replace old windows or doors
- Create a home office space

renovations on credit but be careful not to carry the balance for too long. Interest rates can be very high.

- Line of credit. A line of credit provides the most flexibility in that you only borrow what you need, when

you need it. "These projects can take months," says Dave Stafford, managing director, real estate secured lending, Scotiabank, "and you draw only the funds you need — and pay interest on the actual costs you incur."

There are two kinds:

- Secured line of credit (secured against real estate). If you have equity in your home, this is probably the best financing option, says Stafford. And the interest rate is lower than most personal loans and credit cards.
- Unsecured line of credit. Approval is based on your overall credit history, income, the amount of money you are looking to borrow and the amount of money you have already borrowed. The interest rates would be higher on this line of credit because it is unsecured.

- Mortgage refinancing. Refinancing your existing mortgage lets you spread repayment over a long period at mortgage interest rates. Because it's fixed, you have to know upfront what you want to borrow. Also, there are rules around how much you can refinance. For example, Canada Mortgage and Housing Corporation caps refinancing at 85 per cent of the home's value, says Stafford.
- Personal loan. One benefit of a personal loan, says Dillon, is the clear payback time frame. A five-year loan would be paid back in five years.



Renovations to your bathroom can be eco-friendly. COMSTOCK/THINKSTOCK

Eco-friendly. Feel better about your home

An eco-friendly renovation is a well-planned project that is in response to your needs — and no more, says François Fortin, technical and sustainable construction services, RONA. Environmentally friendly materials are used whenever possible, says Fortin. And the renovation improves energy efficiency and reduces demand for water overall.

"While it is about saving money," says Chris Higgins, homes expert with the Canada Green Building Council in Vancouver, "it's also something you can feel better about."

Here are 12 eco-friendly choices:

- 1 Source building products locally to cut down on transportation miles.
- 2 Look for recycled materials. For example, Win-

nipeg's Apex makes flooring and countertops out of crushed porcelain from toilets.

- 3 For healthy flooring, always choose a hard material such as hardwood, linoleum and vinyl tile instead of installed carpeting. "Statistics show that at the end of its life, 30 to 40 per cent of the weight of carpet can be dirt," says Higgins.

- 4 Look for FSC (Forestry Stewardship Certification) certification on wood products. FSC means trees were harvested in a responsible manner.

- 5 Use low VOC (volatile organic compound) paint and floor finishes.

- 6 Choose Energy Star rated products such as appliances and windows. The designation identifies

energy efficient products. (An old fridge can use 15 per cent of electricity consumed in a house that's heated by gas.)

- 7 If you are removing dry-wall, etc., improve insulation. "Insulating your attic is like wearing a toque in the winter time," says Shaun Loney, executive director of BUILD, a non-profit contractor in Winnipeg specializing in energy and water efficient retrofits. Insulating the basement is like wearing pants. Payback will be about three years.

- 8 Upgrade the gas furnace. Up to about 50 per cent of available energy is wasted in an old furnace, says Loney. "A high-efficiency natural gas furnace is about 95 per cent efficient."

- 9 Use a 1.5 gallon/six litre per minute aerated shower head — it's inexpensive (about \$20), cuts water consumption in half, and saves energy because it's hot water, says Loney.

- 10 Install a six-litre high-efficiency flush toilet. (Visit map-testing.com for flushing performance scores.)

- 11 Switch to compact fluorescent light bulbs and LED lights, which cost pennies a day to operate and don't throw off heat like the old-style light bulbs.

- 12 Buy a front load clothes washer — it puts water through clothes rather than clothes through water in the top loader. Plus, clothes come out dryer so you use less of everything.

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Cost-effective ways to create your dream home

CHRISTINA
COPP
For Metro

You have just bought your first home. Now that a lot of funds have gone to buying the home, how do you make it look like the dream home you envisioned when you purchased it? We have some ideas.

Sarah Jones just bought her first home in Halifax last year. Jones is a creative leader and a do-it-yourself blogger at half-

sweetvanilla.blogspot.ca/. Her DIY creations have even been featured on HGTV.ca.

One of Jones' first home purchases was something perhaps unexpected — a basic sewing machine.

"Things like discounted curtains you can purchase them knowing you can go back and hem them to the size you want. Things like accent pillows totally make a room, but can get quite costly. I can't stress enough how easy it is."

Second-hand stores often have fabric sections, Jones says. You could also use blankets, linen napkins, old curtains — things once considered old can be new again.

"The other thing we definitely wanted to do was paint. We stuck with neutral colours. It's a lot easier to update your accessories with different colours then it is to take the time to paint rooms all over again," Jones says with a laugh.

When you get the keys

to your home, you may look at the blank walls and think "now what?"

Go online, go to stationary stores, and maybe get some of your favourite vacation photos.

Then, to frame them, Jones recommends heading back to the second-hand stores, or even discount stores.

"There's ways to find unique shaped frames and get a can of spray paint and then you could put together a really

cool gallery wall if you wanted," she says.

For bigger items, check out online classifieds, or tour the new neighbourhood for yard sales.

If you find a piece of furniture with a great shape, it could be a keeper for much less than you would pay new.

"Look past really bad handles or door knockers, those can always get changed," she says.

Your local hardware store

can give you tips on refinishing furniture.

When the process is over, "You feel really good about investing some time into things," Jones says.

Other tips and tricks include:

Use your smartphone camera to take photos of inspiration you see while out.

Hit up blogs, magazines and social media sites like pinterest for other great home decorating ideas.



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If you choose a do-it-yourself project, expect it to take longer, but to cost less than hiring a professional. JUPITERIMAGES/GOODSHOOT/THINKSTOCK

DIY. It's all about cost, comfort and knowledge

JON
TATTRIE
For Metro

After pouring your life savings into buying your first home, you may balk at spending more money for that final renovation. But how do you know when to do it yourself and when to call in a contractor?

Mag Ruffman, the DIY guru behind shows like A Repair to Remember and Lowes Family Fun Projects at Lowes.ca, says the first questions is — will you DIY and die?

"The question I always ask is, 'Has anyone died doing this?'" she says, only half joking.

If the answer is yes — and that often involves electrical or plumbing — you will want to call in a pro. "It's not something you can make assumptions about and assume you'll be lucky," she says. "Luck tends to work against you."

Beyond that, it comes down to comfort, cost and knowledge. Ruffman says you can get comfortable with basic power tools to handle jobs like drywalling if you have an expert show you the ropes.

Ruffman observes that with home renovations, you can have any two of good,

cheap or fast — but not all three. If you DIY, expect it to take a long time, but to cost less. A pro will cost more, but will likely be faster. For big jobs, consider compromising to bring down the cost. Gut the bathroom before hiring a pro to install the new one, or have a pro build the frame of your deck and do the decking yourself.

Ruffman says that while the knowledge of redoing flooring is fairly easy to obtain, carpeting requires tools and skills. Bathrooms and kitchens play an outsized role in the resale value of your home, so think carefully before doing it yourself.

Jim Rivait, CEO of the Canadian Homebuilders Association in Alberta, says a good contractor will also know the building code and what permits are required.

He adds that electrical problems can lead to fires, and plumbing miscues can cause floods.

Rivait says if you hire a pro, look for the RenoMark. "They can be assured the renovator follows a certain code of ethics," he says. "They have to provide some form of warranty."

RenoMark currently operates in six provinces and plans to go nationwide soon.

COMPACT STUDIES

PACK A FULL CREDIT INTO ONE MONTH DURING SUMMER

Summer studies may conjure up images of toiling in a dank library basement while your friends lounge on the beach, but many universities and colleges offer off-season courses that are fun and academically rewarding.

Ada Schmude, associate registrar at the University of Alberta, says that a visiting faculty member will often offer a course not normally available, or students can just focus on one subject.

"Sometimes it can be to catch up, or to get ahead, and also to take advantage of these opportunities during a time when they're not having to focus on their full-time studies," she says.

That chance to dig deep into a subject — literally — appeals to those who take the course on archeological field methods, where students get to



ISTOCKPHOTO/THINKSTOCK

learn on an actual site in Alberta. Other classes take students to the Northwest Territories to learn about design in traditional environments, or to study sustainability via outdoor education in rural Alberta (the ad shows two students paddling a canoe through rapids). Others take students abroad to learn languages and art first-hand.

Sarah Witol, program manager for professional and international programs at the University of Toronto's Wordsworth College, says the ability to pack a full academic year's credit into a month is a big appeal. International

courses take the stress out of travel, as the university does the planning, but offer more than a touristic perspective. Students stay on local campuses and live like a local student from Europe to Kenya.

She says students spend a few hours a day in the classroom four days a week and the rest of the week on field trips. "In Hong Kong, we have business students who are studying cases in class and then they go out and see some factories," Witol says. "It makes things a lot more real."

It can also be a great opportunity to

make global contacts that can flourish in later years. For other students, it's a chance to see if they really want to make a career out of their degree. "Especially for programs that are hands-on. We have a program in Jordan which is an archeological dig," she says.

If you spend a month combing through desert sands under a blazing sun and leave grinning, it's probably the right career path for you.

Courses range between \$5,000 and \$8,000, all inclusive, and there are many bursaries and grants available via student services.

— Jon Tattrie

COMMITMENT TO EXCELLENCE

AT MOHAWK VALLEY COMMUNITY COLLEGE

Whether athletic or academic, for many, the road to success winds its way through New York State thanks to the opportunities provided by Mohawk Valley Community College.

"I've seen student athletes come, get exposure to a four-year college, and get a scholarship," explained Dave Warren, Mohawk Valley Community College's assistant athletic director and head baseball coach.

The school's athletic programs are nationally recognized — the school has finished no lower than fourth over the past six years amongst all the two-year U.S. colleges.

"It's an institution-wide commitment to excellence. It's a great school and we do things the right way," Warren said.

And it's increasingly attracting students from north of the 49th. "We have six kids from (southwestern Ontario) coming next year," he said. "We'd love to attract more students from Canada."

"It's been a few years since we've had any Canadians on our hockey team, so I think we need a few more," he added, laughing.

With campuses in Utica and Rome, N.Y., students can take programs in this two-year



MOHAWK VALLEY COMMUNITY COLLEGE PHOTO

college, which they can then transfer to a four-year institution. There are also a number of two-year programs and certifications available. Warren explained that the school offers a more affordable option for students, and has seen an increase in people coming back to school from the workforce.

And where they go from Mohawk is virtually unlimited. Most recently, one Mohawk Valley student followed his path to success all the way to his sport's pinnacle. Patrick Corbin, who played for Mohawk's baseball team, received a call-up to the major leagues on April 27 — and Warren is thrilled for both the player and what this means to the school.

"He's the first athlete from our school to make it professional. It's a feather in our cap," Warren said. "It shows what you can achieve at an institution like ours."

— Jason Menard

22 Sports Teams!

Experience college in New York State!

We are looking for local London and area athletes. Contact us now for recruiting information.



Contact Dave Warren at dwarren@mvcc.edu to set up a recruiting visit or check out www.mvcc.edu/athletics for more information

FANSHAWE COLLEGE NEEDS YOU



Larry Myny

FANSHAWE COLLEGE PHOTO

TO SHARE WISDOM AND KNOWLEDGE AS A MENTOR

Fanshawe College prepares students to be leaders in their fields. But you can only learn so much in a classroom.

That's why Fanshawe needs you.

If you are an established career professional, with more than 10 years of experience, you may be right for the Larry Myny Mentoring Program at Fanshawe College.

As a mentor, you will be matched with a current Fanshawe College student or recent graduate in the same field as yours. You will commit to meet for a minimum of two hours per month, lending your advice and encouragement to someone who can use them. You will make a difference.

"Mentors are important to career success because they share wisdom, advice, and connections that you can't get anywhere else," says Larry Myny, vice-president and investment adviser at The Larry Myny Investment Group-CIBC Wood Gundy, and a mentor to dozens of younger professionals in his field over the years. "This mentoring program offers a critical point of success to new

graduates — at a critical time in their career development."

As a mentor, you will help your mentee meet their educational and professional development goals; but the relationship goes deeper than that. It's a true partnership — based on self-awareness, listening, and the open exchange of ideas. While the mentee is there to learn from you, you may discover, as many mentors have, that this younger person offers the kind of fresh perspective that can benefit you in your own career. You will be challenged to assess your field in new ways, making you more adaptable and competitive. And you may make a new friend. The better a mentor you prove to be, the more likely you will be able to forge a lasting bond with a talented future colleague.

Mentors aren't restricted to one-on-one engagements. As part of the program, both you and your mentee are invited to participate in events, including a dining etiquette course, a mock interview practice and a dress-for-success workshop.

To participate in the the Larry Myny Mentoring Program at Fanshawe College, register by calling 519-452-4430, ext. 4752, by email at mentoringforsuccess@fanshawec.ca, or on the web at mentoringfanshawe.com.

MENTOR THE YOUTH OF OUR FUTURE

Larry Myny is vice-president and senior investment adviser with CIBC Wood Gundy, and a London resident. He believes in supporting the community in which he lives and works; sponsoring local not-for-profit organizations and mentoring dozens of younger professionals in his field. As Myny sees it, mentoring transfers knowledge you can't find in any textbook.

"The youth are our future," he says. "They need mentors to engage them and help them discover their career potential. Through the Larry Myny Mentoring Program at Fanshawe College, these kids gain hands-on leadership experience with some of the best and brightest mentors in our community."

Those mentors include Erin Pollett, an established marketing-communications professional who volunteered as a mentor to Fanshawe student Paul Andrusiak in 2010, when he was pursuing a certificate in her field. The experience proved to be as valuable for her as it was for Andrusiak.

"Being a mentor makes you look at yourself more closely and examine your



Paul Andrusiak and Erin Pollett.

FANSHAWE COLLEGE PHOTO

own strengths and direction — really, it's a reciprocal learning opportunity," says Pollett. "My mentee, Paul, was a frequent source of inspiration. His vision and enthusiasm were contagious. Mentoring and supporting Paul has made me a better leader in my own field."

Like Myny, Pollett believes in the value of giving back.

"I've been rewarded throughout my personal and professional life with generous mentors who shared their knowledge, insights, and guidance," she says. "It's important to share these insights, and my own experiences, in turn. Through mentoring, I've been able to build new

relationships that I value, while helping someone else develop greater confidence and skills. It has also been a great opportunity to share my passion for the work I do.

"The mentor-mentee relationship is one to be cherished. I'm proud to be recognized as a mentor — someone who has made a positive impact on my colleague, my field, and my community."

To participate in the the Larry Myny Mentoring Program at Fanshawe College, register by calling 519-452-4430, ext. 4752, by email at mentoringforsuccess@fanshawec.ca, or on the web at mentoringfanshawe.com.

GIVING BACK

Becoming a mentor in the Larry Myny Mentoring Program at Fanshawe College lets you do a whole lot of good in a short amount of time. You will be asked to volunteer for about two hours per month, over a four- to six-month period; during which you will lend your advice and experience to a student or recent graduate in the same field you have spent mastering the last decade or more. It's a rewarding way to give back to your community, and you can start the application process today.

To apply online, visit mentoringfanshawe.com. A co-ordinator will review your application and get in touch with you to set up a one-on-one interview. If the interview is successful, and a suitable mentee is available, you will be contacted for an orientation session.

To participate in the the Larry Myny Mentoring Program at Fanshawe College, register by email at mentoringforsuccess@fanshawec.ca, by calling 519-452-4430, ext. 4752, or on the web at mentoringfanshawe.com.

**Mentors
Needed:**

www.mentoringfanshawe.com

BE A MENTOR

HELP STUDENTS GET JOB-READY

WHO: Seeking Volunteer Mentors for Fall 2012

WHAT: Mentor a student for approximately 3 hours/month to support their career development

HOW: By phone, e-mail or in person



MENTORS NEEDED FOR SEPTEMBER 2012

Sign up to be a mentor at www.mentoringfanshawe.com

Or 519-452-4285 or mentoringforsuccess@fanshawec.ca

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THE *LARRY M Y N Y*
Mentoring
P R O G R A M



TAKING THE LEAD

enjoyed great success since its inception last August. Rachael Jones-Chick and Victoria Newman, who completed the program, are very excited about the workshop. Jones-Chick says, "There are not very many opportunities like this for girls my age who are thinking about what comes next in their lives." Newman says she was "happy to meet with all the different faculty members and see different learning styles."

Valerie Sinclair, a Students LEAD registrant and current Brescia University College student, says that completing the workshop gave her "a basis to build on and she gained a lot of knowledge from the experience." Now having just completed her first year of university, Sinclair credits the workshop with giving her an edge. She says, "I felt that I knew what to expect in terms of lectures and professor expectations and felt far less overwhelmed during my first year because of what I learned in Students LEAD."

Brescia is committed to student success and leadership coaching. Through the Students LEAD Workshop students feel supported and engaged in their chosen field of study.

For more about Students LEAD, visit brescia.uwo.ca/studentslead, or contact Kate Norton, instruction co-ordinator, at kate.norton@uwo.ca, 519-432-8353, ext. 28010.

MEETING THE FUTURE AT BRESCIA THROUGH STUDENTS LEAD

Brescia University College is offering a Students LEAD Workshop Aug. 23-24 to help female students in Grade 12 make the transition to university.

This two-day certificate program pro-

vides academic "soft skills" to support them in completing their high school degree competitively. The workshop, designed to teach the fundamentals of academic success, covers a wide range of

topics, including: Note taking: "Should I write down everything the prof says?"; writing: "I have my topic. Now what?"; and The Clever Researcher.

The Students LEAD Workshop has



Will university be different from high school?

Need help with your next step?

Brescia University College is hosting a Students LEAD Workshop, focused on leadership and academic success for girls entering Grade 12 in September.

**Student Lead Workshop
at Brescia University College
August 23 & August 24.**

The cost of the two-day workshop, with lunch and refreshments, is \$40.

<http://brescia.uwo.ca/studentslead/>

 **Brescia**
UNIVERSITY COLLEGE
Choose to Lead.

THE NEED FOR CONSTANT LEARNING

WESTERN OFFERS A VARIETY OF COURSES

With all due respect to Alice Cooper, for today's employees school is, in fact, no longer out for summer — and most certainly not forever.

"For the (older baby boomer) generation, they would expect to leave school and be in one career for the rest of their lives," explains Carolyn Young, director of Continuing Studies at Western University. "Younger boomers, generation X, and Y — they're going to have multiple careers. And with these new shifts, they're finding they need to continually learn."

In addition, our shift to a knowledge-based industry from a manufacturing-based economy puts a premium on skills that aren't limited to the job at hand. "You need skills that are transferrable but not specific to a particular role," Young adds. "Project management and communication skills are particularly in demand."

Western offers a variety of programs, ranging from two-day workshops to certificates and designations that can be



WAVEBREAK MEDIA/THINKSTOCK

completed over two to three years. In addition to courses related to workplace skills, Western's Continuing Studies program also offers a variety of courses that appeal to general interest. Young

adds they understand the unique needs for adult learners, juggling work and home responsibilities and Western designs all of its courses and programs with those needs in mind.

And it's truly "everyone" who finds themselves returning to school. "There is a wide range of people who take courses at Continuing Studies," she explains. "Primarily, our students are university graduates and those working in the business and not-for-profit sectors, and the predominant age range is 25-54. But we also get those who are laid off and those in the manufacturing sector with a high school degree."

People interested in pursuing continuing education should visit the program's website (westernu.ca/cstudies).

"I get asked by people, 'Why go back to school? Is the risk worth it?' And I think there's a bigger risk in not going back. Jobs are changing so much today that if you're not continually learning, you run the risk of falling behind."

In addition to helping people improve their own job opportunities, continuous education can also help spark a passion in lifelong learning. "There's a great statement that one of our students — a Western employee — shared with me recently. He said, 'It ignited the learning spark in me,' and he's now thinking of what he wants to do next."

—Jason Menard



Western ContinuingStudies



Michael Mics

Courses and programs designed with your career and life aspirations in mind.

NEW BURSARY

Michael Mics Bursary
for lifelong learners at
Continuing Studies at Western

The Michael Mics Bursary was established to support individuals wanting to further their education with Professional Development courses but who are faced with financial challenges.

To learn more or apply visit
westernu.ca/cstudies

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A PROVEN TRACK RECORD



ST. CLAIR COLLEGE PHOTO

ST. CLAIR COLLEGE DELIVERS EVERYTHING A STUDENT LOOKS FOR

St. Clair College in Windsor is Canada's southernmost college. With four campuses in Windsor and Chatham-Kent and more than 8,000 full-time students, St. Clair delivers relevant, focused knowledge and skills training in more than 90 diploma, degree and graduate studies programs.

What makes this college so attractive

to students is its friendly campus environment, strong student support services and high quality in its academic offerings. In the Key Performance Indicators survey released in April, students ranked St. Clair high in academic quality, excellent facilities, resources and services.

"Students value the higher education

and relevant and focused job skills that come with a St. Clair College credential," says Dr. John Strasser, president of the college. "We have worked extremely hard to ensure student success."

New facilities such as the 53,000-square-foot HealthPlex at the Thames Campus in Chatham have been a hit

with students. It provides a double gym, elevated running track and state-of-the-art fitness facility. Combine this with academic space for two of its health sciences programs and students find this facility a great addition to the campus.

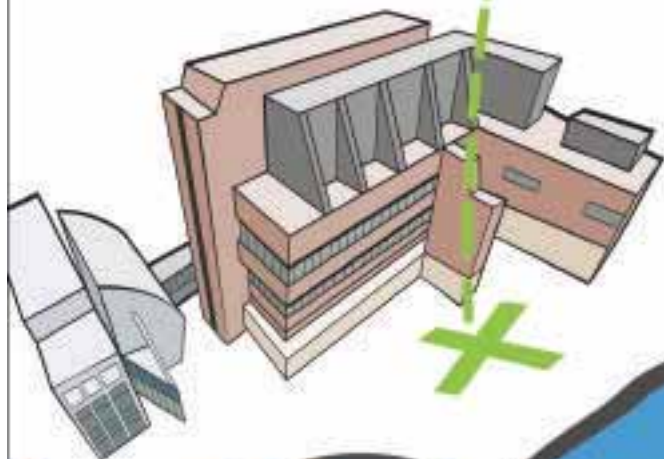
At the Windsor campus, a new state-of-the-art Centre for Applied Health Sciences supports 12 programs with high-tech lab space for nursing, dental hygiene, medical laboratory science, and three newly added programs — ultrasound, respiratory therapy, and cardiovascular technology.

Recently, the college also entered into an agreement with Nipissing University where students with an advanced business diploma from the college have the opportunity to earn a bachelor of commerce from Nipissing in just one year. The program is delivered on the St. Clair campus and saves students thousands of dollars in tuition. Best of all, they hold a valued college diploma and a bachelor of commerce degree all within four years of study.

Finally, if varsity sports are on your agenda once you get to college, St. Clair has announced an exciting scholarship program for every varsity athlete. Based on OCAA rules, athletes can receive up to \$7,700 in scholarships to help them with their tuition costs while they enjoy the varsity sport of their choice.

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Successful business professionals, entrepreneurs and IT specialists have gotten their start at St. Clair College in Windsor, Ontario. It's closer than you think!

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WE'RE CLOSER THAN YOU THINK

FIND YOUR WAY WITH FANSHAWE

COLLEGE WILL PREPARE YOU FOR THE JOB YOU LOVE

What do you want to do?

You might be looking for a career you can fall in love with. Perhaps you want to be your own boss. Maybe you are thinking about returning to school to train for a new line of work.

Consider Fanshawe College. Whether it's a certificate, diploma, graduate certificate or degree you want, Fanshawe can help you find your way.

"A good education takes hard work, time and money; it should prepare you for the job you love," says Dr. Lane Trotter, Fanshawe's senior vice-president, Academic. "Finding that job may mean going in an entirely new direction or upgrading your skills to help you advance in your current career. Whatever your passion, Fanshawe College's 115 full-time programs and 70 continuing education programs give you the range of options — and the flexibility of schedule — needed to help you find the right path. Decide what



NICK WHITE/PHOTODISC/THINKSTOCK

you love, then study it here."

This September, Fanshawe debuts six programs, each designed to meet the needs of a diverse, and modern, student population:

- The Business-Entrepreneurship and Management diploma program will teach you the concepts and skills you need to own or manage a small- to medium-sized enterprise;
- The Massage Therapy advanced diploma program will give you the core

- knowledge and skills required to succeed as a massage therapist — with a strong focus on medical knowledge;
- The Paralegal graduate certificate program will prepare you to become a practicing paralegal, or help upgrade your skills;
- The Renewable Energies Technician diploma program will launch your career in the renewable energies sector as an employee or entrepreneur;
- The Online Game Development grad-

MORE INFO

To learn more about these new fall programs, along with much more about living and studying at Fanshawe College, contact the office of the registrar at 519-452-4430 (automated), or 519-452-4277. You can also visit Fanshawe's website at fanshawec.ca.

uate certificate program is unique in the Ontario college system. You will graduate from this program with a portfolio and two or three completed games for different delivery platforms;

- The First Nations Studies major in general arts and science will teach you essential job skills while focusing on First Nations' culture.

Located in London with locations in Simcoe, St. Thomas, Woodstock and Tillsonburg, Fanshawe College has been providing excellence in academics and industry training for more than 40 years. With more than 17,000 full-time students and state-of-the-art equipment, Fanshawe offers the educational environment you are looking for.

New for September 2012!

Business - Entrepreneurship & Management

Woodstock Campus - Diploma
fanshawec.ca/bem1w

Early Childhood Leadership

London Campus - Bachelor of Applied Arts Degree
fanshawec.ca/ec11

First Nations Studies - General Arts & Science Major

London Campus - Certificate or Diploma
fanshawec.ca/gap1

Massage Therapy

London Campus - Advanced Diploma
fanshawec.ca/msg1

Paralegal

London Campus - Graduate Certificate
fanshawec.ca/plg1

Renewable Energies Technician

St. Thomas Campus - Diploma
fanshawec.ca/ret1s



Fanshawe is more than getting a great education, it's an amazing opportunity to find passion, be inspired and do what you love. Explore over 115 programs leading to certificates, diplomas, and degrees!

fanshawec.ca

NEED GROWS FOR PERSONAL SUPPORT WORKERS

MEDIX OFFERS UNIQUE PROGRAMS

Personal Support Workers care. They are capable individuals who thrive on improving the quality of life for each and every client.

Health Canada reports that in 2001, one in eight Canadians was older than the age of 65, but in 2026 that ratio will be one in five, with the fastest growth occurring in the 85-plus age group. The majority of seniors now receive some health-related home care, or assistance with housework and personal chores. Add to that the rising numbers of clients in long-term-care facilities, and it is easy to see that the need for Personal Support Workers is growing and will continue to provide career opportunities for the right people.

The 25-week program of study at Medix shows students how to support all clients in their activities of daily living while maintaining a safe environment. At any given time Medix PSW students may be in the kitchen planning and preparing meals for special diets, or practising the techniques of safe lifting, or guiding and coaching their "clients" through the hall-



JUPITERIMAGES/BRAND X PICTURES/THINKSTOCK

ways with devices used to assist a person with mobility. Classroom work addresses the challenges of aging-related diseases, cognitive impairment, dementia and loss of functional ability, stressing the need for compassion and caring for both the client and their family.

The soft skills program is unique to Medix and is designed to build an understanding of how our mind works so that we can further develop the emotional intelligence (EQ) that more and more employers are looking for. That EQ allows us to maximize our potential to achieve

our goals more easily and enjoyably. Who couldn't make good use of that?

As you can see, an education at Medix is delivered with a very holistic approach. The school has a team of instructors who love what they do. Medix appreciates the benefits an education brings not only to the school's students and their clients, but also to their families, their client's families, and their community. Medix values the diversity of its student population and learns from it every day.

Over the past 35 years, Medix School has earned a reputation for supporting

students from admission through to employment. The Medix placement department provides each student with one-to-one time to ensure that all graduates have the job interview skills and a professional resumé that will get them hired. Several agencies call the Medix placement department first when looking to employ PSWs. They know that each graduate has experienced many weeks in both a long-term-care facility and a community setting before being eligible to graduate. They know, too, that each graduate has passed a third-party exam to meet the PSW standard required by the province of Ontario.

If this is the career for you, join Medix School's next PSW class beginning July 3. To learn more about this or any program, call 519-659-4822 and ask to speak to one of the school's admissions representatives.

Medix offers continuing education for certified PSWs, too. Medix has recently introduced a unique and much needed employment piece to its soft skills curriculum. Gentle Persuasive Approaches training is desired by many long-term-care facilities. Sign up for the next session scheduled for September. It's a real plus on any resumé!



Medix School

Call Now!

Personal Support Worker

London Campus
Patients need you!

Don't delay, enroll today!

medixschool.ca

519.659.4822

Training in less than a year!



Giroux banned for Game 5



Flyers centre Claude Giroux speaks to referee Kevin Pollock in the closing minutes of Sunday's loss in New Jersey. BRUCE BENNETT/GETTY IMAGES

NHL. Flyers star given one-game suspension for head hit on Zubrus

The Philadelphia Flyers will face playoff elimination without forward Claude Giroux.

The NHL slapped the all-star with a one-game suspension for delivering a shoulder blow to the head of New Jersey forward Dainius Zubrus in the Devils' 4-2 win Sunday night.

Giroux hit Zubrus at 19:56 of the second period and was

Quoted

"We need to relax a little bit. Everybody's just panicking a little bit."

Claude Giroux on the Flyers' poor play of late.

assessed a minor penalty for an illegal check to the head. Zubrus, who scored the eventual game winner, was shaken up but returned to score an empty-net goal to seal it late.

Brendan Shanahan, the NHL's senior vice-president,

player safety and hockey operations, said Giroux delivered a "late, reckless hit to the head" of Zubrus on the play.

Giroux took part in a disciplinary hearing with the NHL on Monday. He said he "respects the decision and wants to move on."

It marked the first time in Giroux's four-year NHL career that he had received supplemental discipline.

The Devils lead the series 3-1 with the fifth game in Philadelphia on Tuesday.

THE ASSOCIATED PRESS



Riders pile up in sprint to finish in Denmark

Mark Cavendish crashes during the third stage of the Giro d'Italia on Monday in Horsens, Denmark. Matthew Goss of Australia won the stage, while the world champion Cavendish and overall leader Taylor Phinney crashed in the sprint finish. Cavendish, who won the second stage on Sunday, fell hard on his left shoulder and side but got up and carried his bike across the finish. The BMC team said Phinney's right ankle has a puncture wound. About 15 riders were involved in the crash. FABIO FERRARI/THE ASSOCIATED PRESS

NHL. Bettman finds taker for Coyotes, says source

A person with knowledge of the situation says a tentative deal by the NHL to sell the Coyotes to former San Jose Sharks CEO Greg Jamison was expected to be announced before Phoenix's Monday night game against Nashville.

The person spoke to The Associated Press on the condition of anonymity because there was no official scheduling of an announcement. A second person with knowledge of the situation confirmed that NHL commissioner Gary Bettman would be in Glendale for a series of



Gary Bettman GETTY IMAGES

meetings Monday but said it was unclear if there would be a formal announcement.

THE ASSOCIATED PRESS

NFL

Bills show Jackson the money

The Buffalo Bills have delivered on their promise to reward running back Fred Jackson by signing him to a two-year contract extension that's potentially worth \$9 million US.

The deal was announced Monday at a news conference attended by Jackson and team officials.

"It's a big day," Jackson said. "I'm happy to be here and I'm glad that this is over with and now we can focus on playing football."

THE ASSOCIATED PRESS

Kentucky Derby. Autopsy results withheld in mysterious death at track

Investigators are trying to uncover clues in the death of a track worker whose body was found in a horse stable just hours after I'll Have Another was crowned champion of the Kentucky Derby.

A Kentucky coroner refused to release autopsy results Monday for 48-year-old Adan Fabian Perez, whose body was found Sunday morning in the back portion of Barn No. 8. That's just a few barns away from where

Canadian-owned I'll Have Another was stabled.

Authorities have no suspects but stressed that Perez's killing had no apparent connection to the iconic horse race. Jo-Ann Farmer, chief deputy coroner for Jefferson County, said Monday she was withholding information pending the investigation into the death. She said the autopsy did reveal injuries on Perez's body.

THE ASSOCIATED PRESS



MLB

"I was trying to hit him. I'm not going to deny it."

Philadelphia left-hander Cole Hamels on Sunday night, after he nailed Washington rookie Bryce Harper with a fastball in the small of the back in his first time up during the Phillies' 9-3 win. Major League Baseball suspended Hamels for five games on Monday for intentionally throwing at the 19-year-old Nationals phenom.

"I think unfortunately the league's protecting certain players and making it not that old-school, prestigious way of baseball.... It's just, 'Welcome to the big leagues.'"

Cole Hamels on Sunday.

On the web



New York Knick Amare Stoudemire's choice to punch a fire extinguisher after a playoff loss to the Miami Heat last week was ill-advised, to say the least. But he's hardly the first athlete to take out frustration on an inanimate object and sports psychologist Jack Watson says such outbursts can be linked to how athletes are hard-wired. Scan the code for the story.

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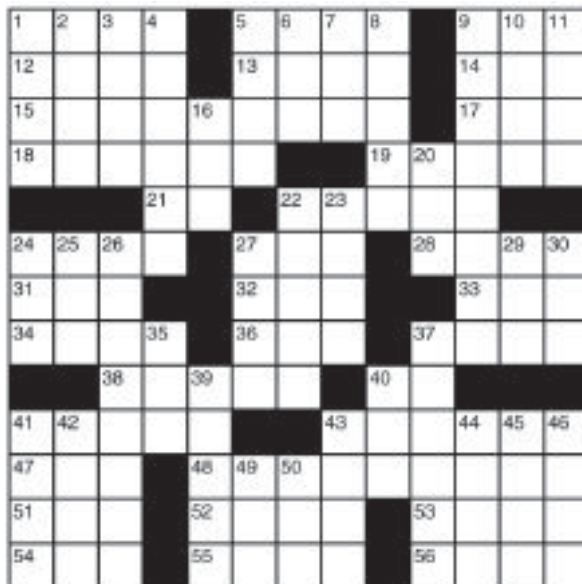
Read metro work every
Monday & Wednesday.

Crossword

Across

- 1 Old man
5 On
9 Omega preceder
12 Grand-scale tale
13 Aching
14 A long time
15 Tyro
17 Arctic bird
18 Australian city
19 Mad
21 Gridiron score (Abbr.)
22 It's mostly discretion
24 Alger's "before"
27 Proscription
28 Cried
31 Melody
32 Choose
33 Geologic time
34 Escape
36 Conk out
37 Yuletide mood enhancer
38 Stick in the mud
40 Little — -Peep
41 Huge home
43 Body of work
47 Sphere
48 Cash
51 Meadow
52 Stench
53 Peer acceptability, for short
54 Hudson co-star

- 55 Existed
56 "CSI" actor George
Down
1 Cribbage props
2 Nashville entertain-
ment
3 Multicolored
4 Perfumery output
5 Wan
6 As well
7 Bobby of hockey
8 Punishment-related
9 The Owl and the
Pussycat's boat color
10 Acerbic
11 Black
16 Simpsons' neighbor
Flanders
20 Promptly
22 Dull
23 Initial stake
24 U.K. fliers
25 Be unwell
26 Wisconsin city
27 Presage
29 Paid player
30 Observed, to Tweety
35 Type squares
37 Root
39 Downstairs
40 Plead
41 Shape
42 Vicinity



- 43 Fairy-tale baddie
44 Miles of movies
45 Sax player's need

- 46 Tackles' teammates
49 Keatsian opus
50 Postal creed word

Yesterday's Crossword



Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

SB NPVXPIX KXCUIJXY VK.
QXGKSQ PI RGX YSUVPIY.
FPW JPWDY NUF RGUR GX
CDUFXY SI DSXW PB DPW.
Yesterday's Cryptoquip: WHAT SONG MIGHT
SOMEBODY SING WHILE REMODELING
APARTMENT WALLS? "GOODBYE, OLD PAINT."
Today's Cryptoquip Clue: R equals T

How to play



For today's crossword answers and for expanded horoscopes, go to metronews.ca



Horoscope

- ♈ Aries | March 21 - April 20.**
Aim to make money and move up in the world.
♉ Taurus | April 21 - May 21.
At some stage today you will come to the conclusion that some of the things you fear are nothing more than illusions conjured up by your overactive imagination.
♊ Gemini | May 22 - June 20.
You've found it difficult to trust certain people in recent weeks, which has had a negative effect on relationships. Starting today your confidence in them will be restored.
♋ Cancer | June 21 - July 22.
You know what you want but try not to be too pushy or impatient

- because that could cause resentment among those who don't share your hunger to succeed.
♌ Leo | July 23 - Aug. 22. Any plans you've had to put on hold in recent weeks can start moving forwards again now.
♍ Virgo | Aug. 23 - Sept. 22. Use your powers of persuasion wisely and you will get whatever it is you desire.
♎ Libra | Sept. 23 - Oct. 22. Make a point of talking to people today, even people you would usually go out of your way to avoid.
♏ Scorpio | Oct. 23 - Nov. 21. If someone tries to tell you to work harder today you must tell them to

- mind their own business.
♐ Sagittarius | Nov. 22 - Dec. 21. You need to shake things up a bit.
♑ Capricorn | Dec. 22 - Jan 20. If for any reason you are less than happy with what's taking place at home or at work you must speak up.
♒ Aquarius | Jan. 21 - Feb 18. You will have a great idea today, but you would be wise to keep it to yourself.
♓ Pisces | Feb. 19 - March 20. News you receive from afar will help you make sense of something that has been confusing you.
SALLY BROMPTON

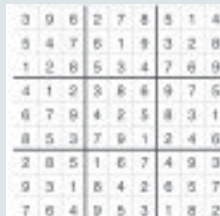
Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku



Caption Contest

"Peek-a-bear"
Debbie

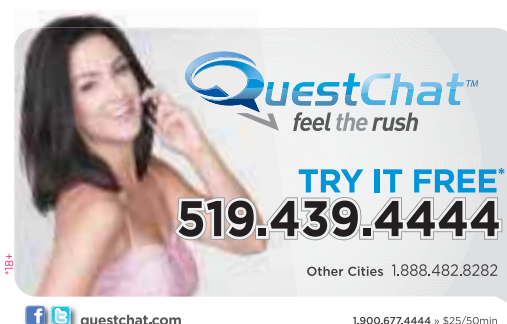
COURTNEY SPRADLIN/THE LOG CABIN DEMOCRAT, THE ASSOCIATED PRESS

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